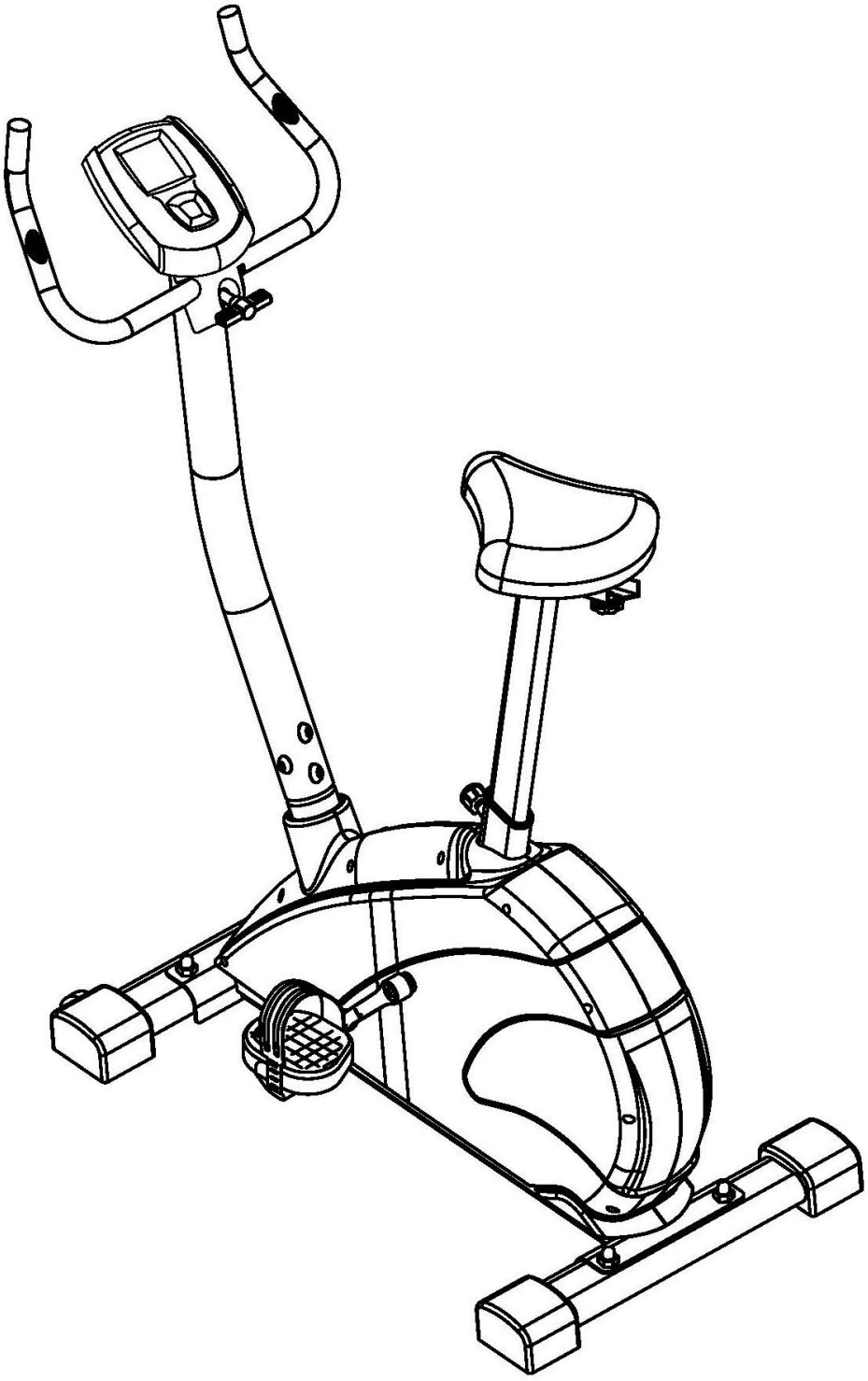
Motorized Elliptical

USER MANUAL



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IMPORTANT SAFETY PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is 110 KGS.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS.

PARTS LIST

Part No.	Description	Q'ty
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Washer Φ10*Φ25	4
5	Domed Nut M10	4
6	Carriage Bolt M10*55	4
7(L&R)	End Cap For Front Stabilizer (L&R)	1/1
8	End Cap For Rear Stabilizer	2
9	Left Pedal	1
10	Right Pedal	1
11	Saddle Post	1
12	Saddle	1
13	Front Post	1
14	Handlebar	1
15	Computer	1
16	Clamp	1
17	Plastic Cover	1
18	Allen Bolt M8*20	2
19	T Type Knob	1
20	Hand Pulse Sensor	2
21	Selftapping Screw ST4*20	2
22	Washer Φ4.2*Φ12	2
23	Screw For Computer M5*10	2
24	End Cap For Handlebar	2
25 (L&R)	Crank Arm (L&R)	1/1
26	Foam Grip	2
27	Lower Computer Wire	1
28	Upper Computer Wire	1
29	Curve Washer Φ8*Φ20	4

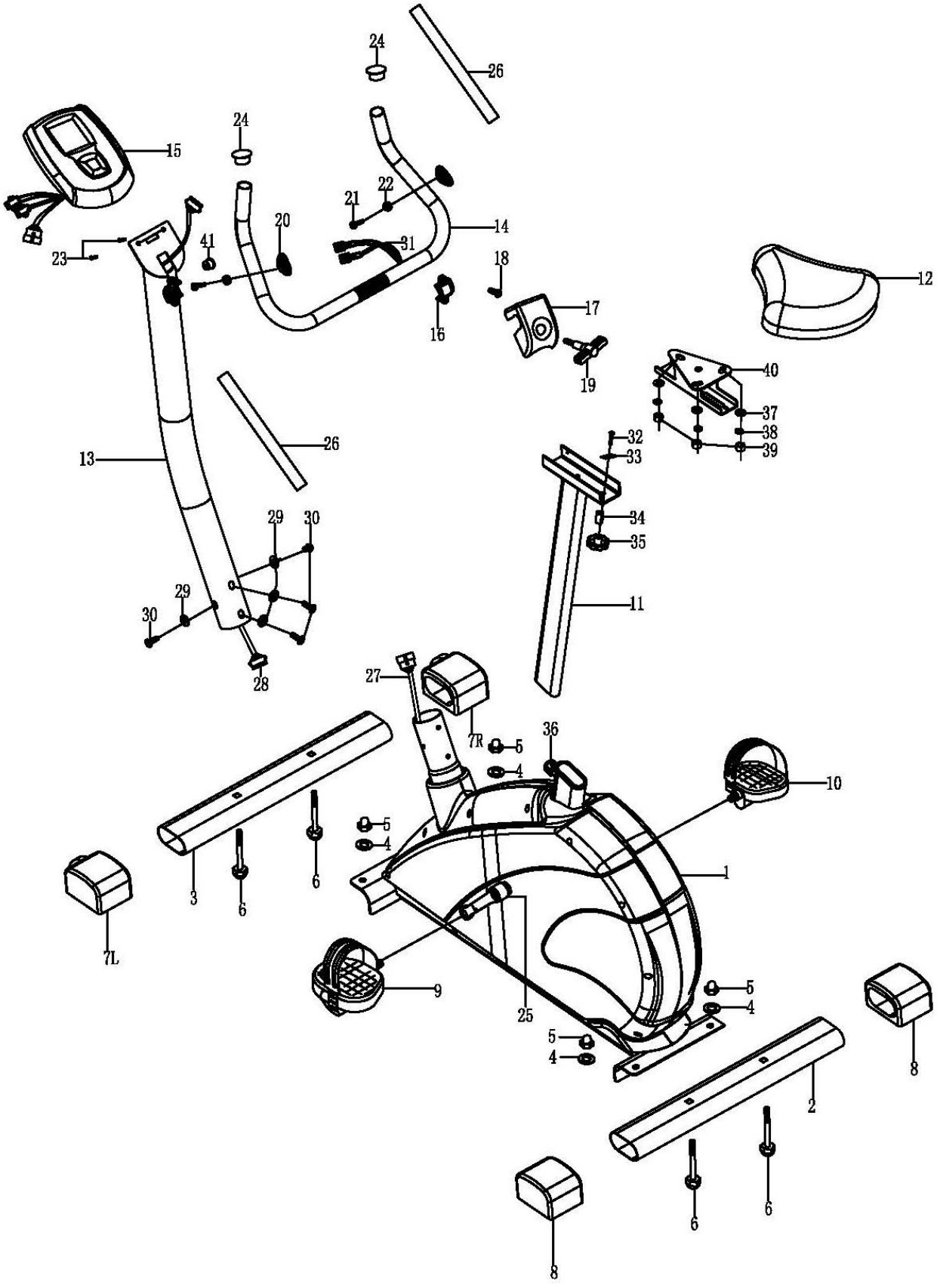
PARTS LIST

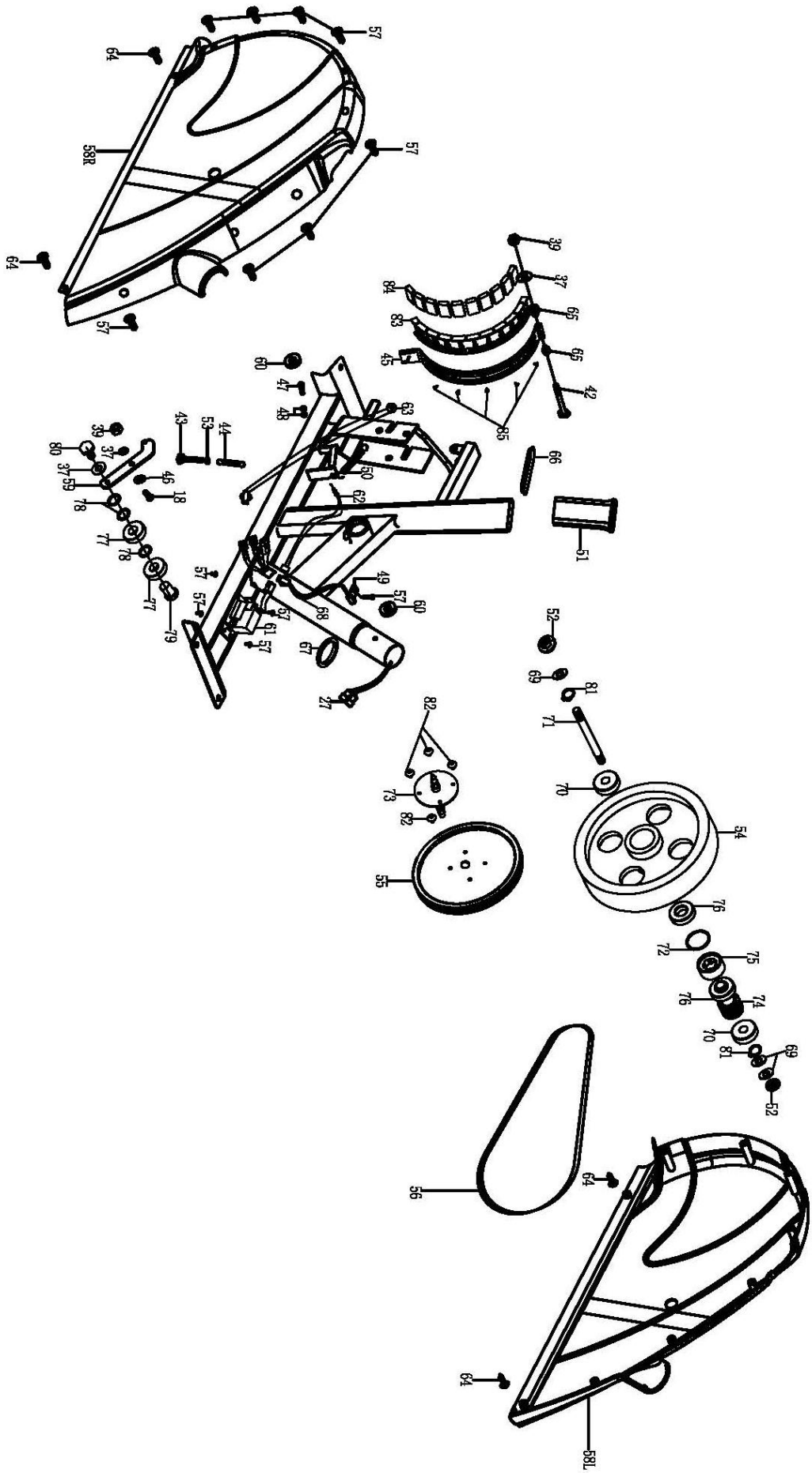
Part No.	Description	Q'ty
30	Allen Bolt M8*16	4
31	Upper Pulse Wire	2
32	Carriage Bolt M8*45	1
33	Square Washer	1
34	Sleeve	1
35	Knob M8	1
36	Quick Release Knob	1
37	Washer Φ17*Φ8	6
38	Spring Washer Φ8	3
39	Nylon Nut M8	5
40	Sliding Support	1
41	Grommet	1
42	Hex Head Bolt M8*55	1
43	Hex Head Bolt M8*45	1
44	Spring Φ16	1
45	Iron Holder For Magnets	1
46	Powder Bushing	1
47	Hex Head Bolt M6*20	1
48	Nut M6	2
49	Reed Switch Holder	1
50	Spring Φ10	1
51	Bushing	1
52	French Nut	2
53	Hex Head Nut M8	1
54	Flywheel	1
55	Belt- driven Wheel	1
56	Belt	1
57	Selftapping Screw For Chain Cover	13
58(L&R)	Chain Cover (L&R)	1/1

PARTS LIST

Part No.	Description	Q'ty
59	Idler Holder	1
60	Bearing 6203	2
61	Motor	1
62	Motor Wire	1
63	Power Cable	1
64	Selftrapping Screw ST5*15	4
65	Powder Bushing	2
66	Bushing For Saddle Post	1
67	Bushing For Front Post	1
68	Inductive line	1
69	Washer Φ22*Φ10.5	3
70	Bearing 6001	2
71	Axle For Flywheel	1
72	Stainless Ring	1
73	Axle For Belt-driven Wheel	1
74	Pulley	1
75	One Way Clutch	1
76	Bearing 6003	2
77	Bearing 6301	2
78	Washer Φ16.5*Φ12	3
79	Axle For Idler	1
80	Hex Head Bolt M8*16	1
81	C Ring	2
82	Allen Bolt M6*15	4
83	Plastic Holder For Magnets	1
84	Magnets	10
85	Self tapping Screw ST3*10	5

EXPLODED DIAGRAM

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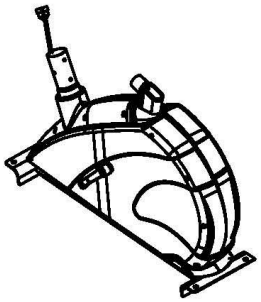
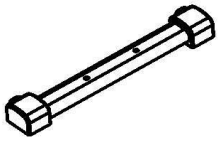
PRE-ASSEMBLY CHECK LIST



NO. 1

NO. 14



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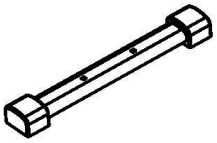

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NO. 11

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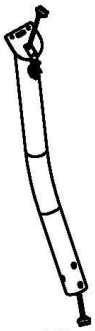
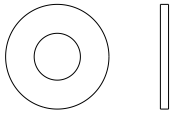
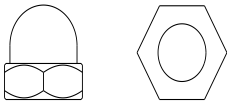
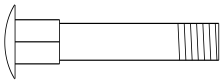
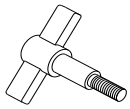
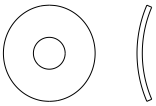
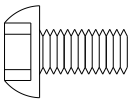
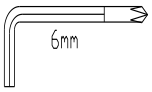
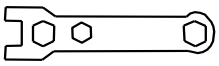


NO. 13

PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
14	Handlebar	1
3	Front Stabilizer	1
2.	Rear Stabilizer	1
15	Computer	1
10	Right Pedal	1
9	Left Pedal	1
11	Saddle Post	1
12	Saddle	1
17	Plastic Cover	1
13	Front Post	1
	Inner box	1
	Manual	1

HARDWARE PARTS LIST

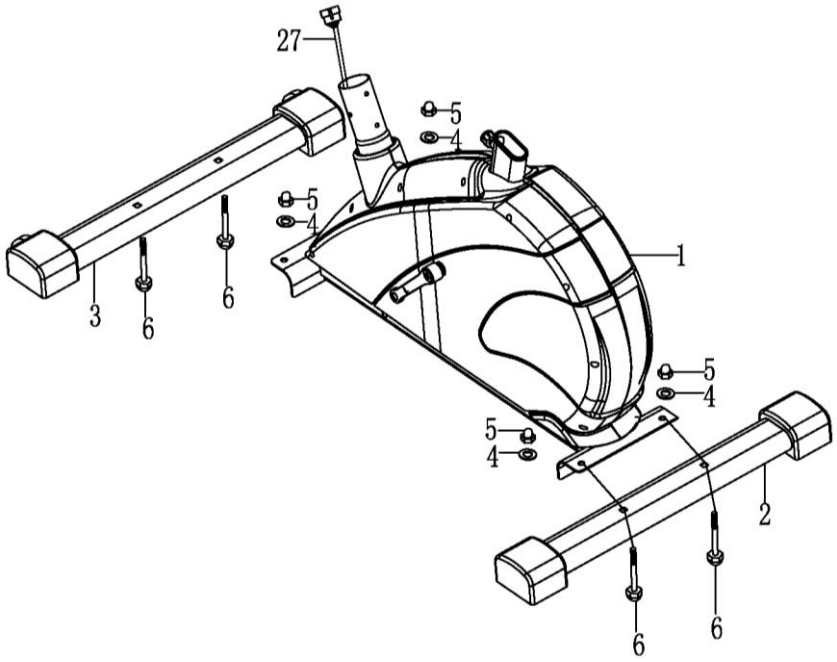
No.	Description	Drawing	Q'ty
4	Washer Φ10*Φ25		4
5	Domed Nut M10		4
6	Carriage Bolt M10*55		4
19	T Type Knob		1
29	Curve Washer Φ8*Φ22		4
30	Allen Bolt M8*16		4
	Allen Key L6		1
	Allen Wrench S13/19		1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

ASSEMBLY INSTRUCTION

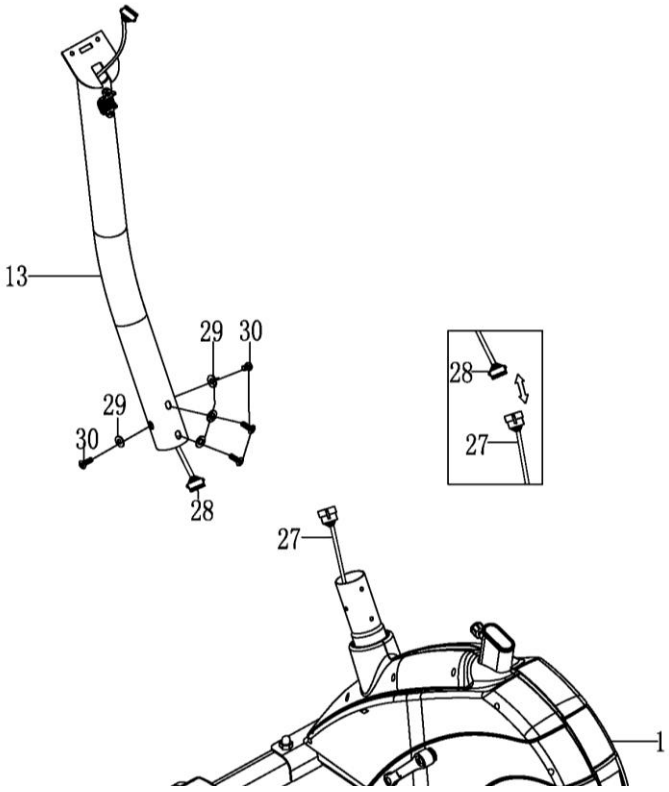
STEP 1

Attach front stabilizer (3) to main frame (1), tighten with carriage bolt (6), washer (4) and domed nut (5).Then attach rear stabilizer (2) to main frame (1), tighten with carriage bolt (6), washer (4) and domed nut (5).



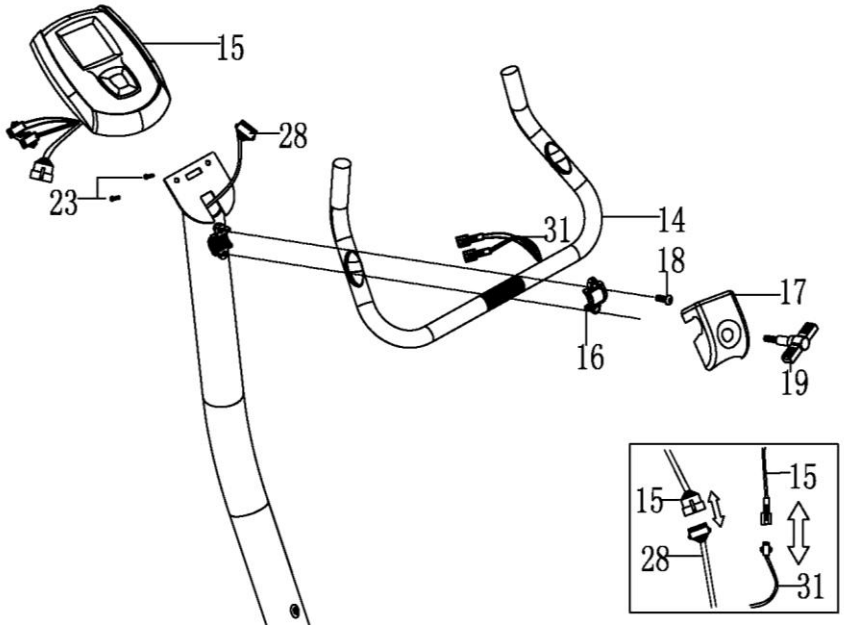
STEP 2

- Connect middle computer wire (28) with lower computer wire (27).
- Insert front post (13) into main frame (1) and tighten with four curve washer (29) and allen bolt (30).



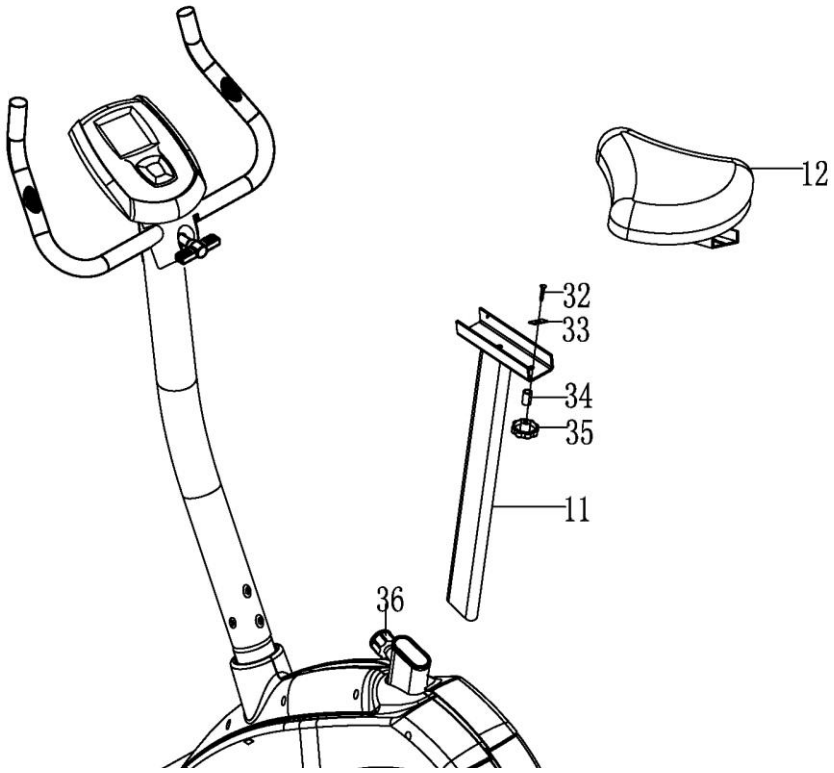
STEP 3

- Attach handlebar (14) to front post (13), tighten with a clamp (16) and allen bolt (18), plastic cover (17)T type knob (19).
- Connect upper computer wire from computer (15) with middle computer wire (28), and connect upper pulse wire (31) with lower pulse wire from computer (15).
- Attach computer (15) to bracket on front post (13), tighten with four screws (23).



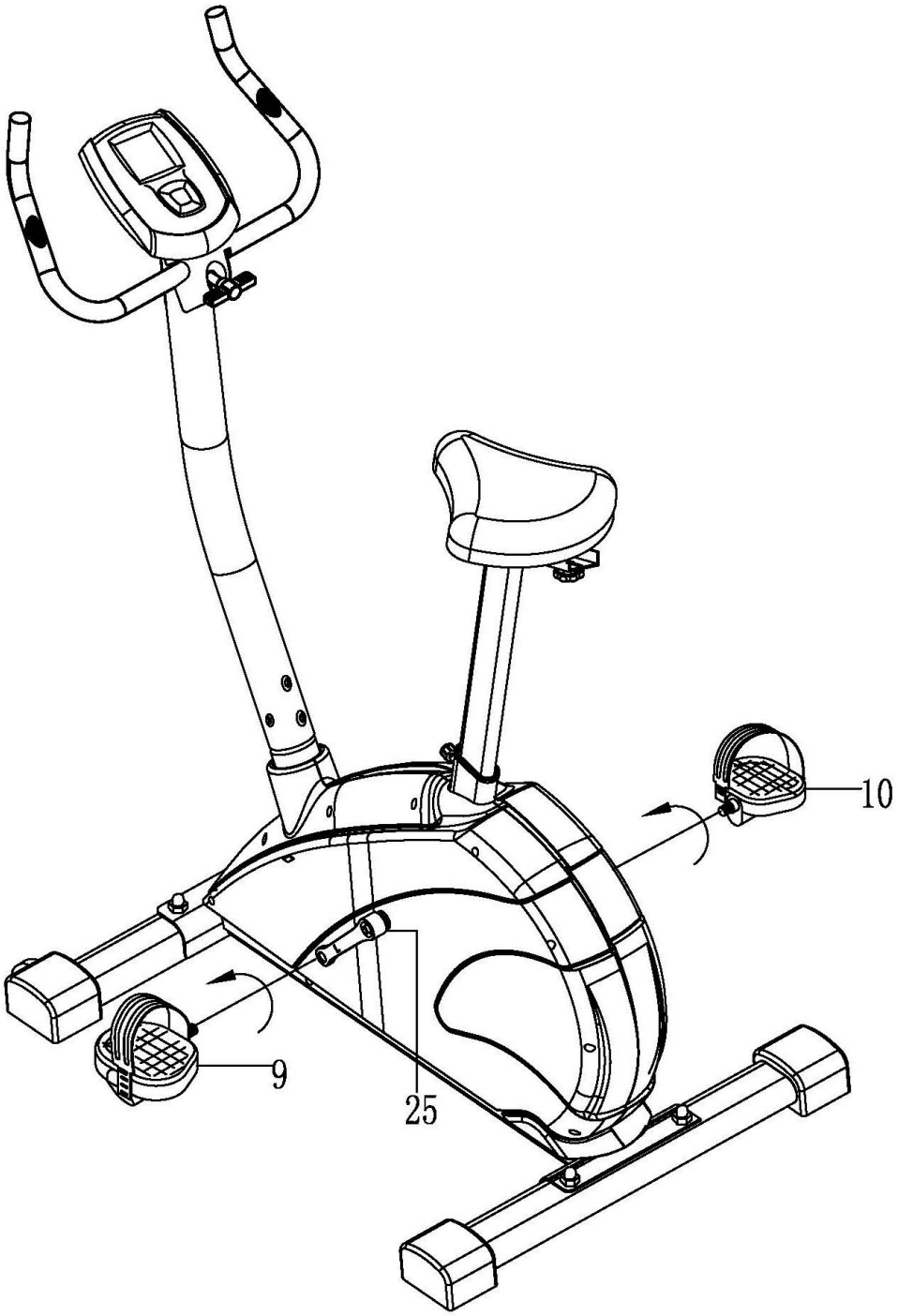
STEP 4

- Attach saddle (12) to saddle post (11), tighten with knob (35), sleeve (34), square washer (33) and carriage bolt (32).
- Insert saddle post (11) into main frame (1), tighten with quick release knob (36).

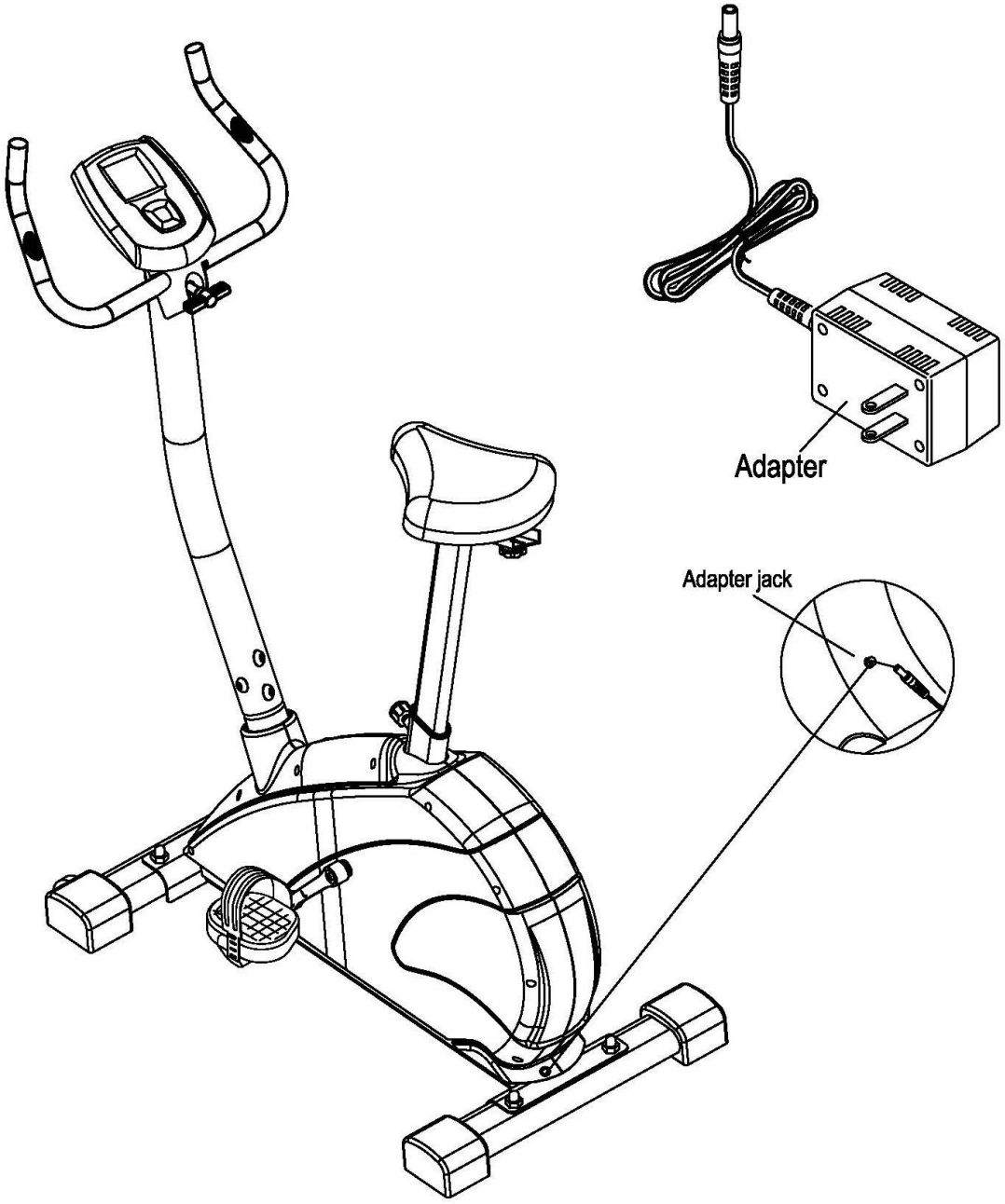


STEP 5

Attach left pedal strap to left pedal (9) which is marked with decal "L". Doing same for Right Pedal (10). Then attach left pedal (9) and right pedal (10) to their appropriate crank arm (25). The right pedal is on the right hand side of the cycle as you sit on it. Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.

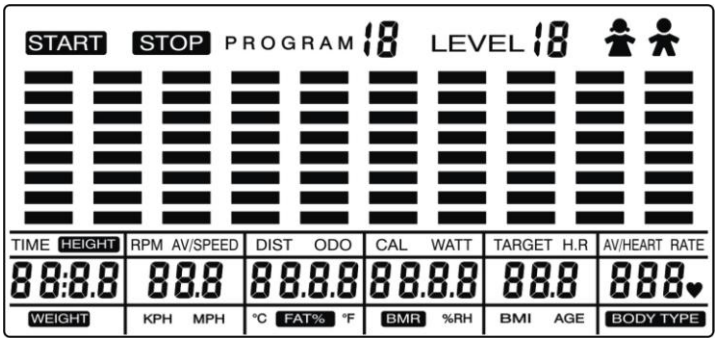


STEP 6
Plug adapter into adapter jack.



CHECK ALL BOLTS AND NUTS ARE TIGHTENED BEFORE USING THE MACHINE

COMPUTER INSTRUCTIONS



Key Functions

START/STOP:

1. Start & Pauses workouts.
2. Start body fat measurement and quit the body fat program.
3. Operates only when in stop mode. Holding key for 3 seconds will reset all function value to be zero.

DOWN: Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP : Increases value of selected workout parameter. During the workout, it will increase the resistance load.

SET: To input desired value or work out mode.

RECOVERY: Press to enter into Recovery function when computer has the heart rate value. Recovery is Fitness Level 1-6, after 1 minute.F1 is the best, and F6 is the worst.

Workout Selection

After power-up using UP or DOWN keys to select, then pressing SET to enter the desired mode.
There are 5 basic workout modes:
Manual, Pre-programs, Body Fat Program, Target Heart Rate program, Heart Rate Control program and User Program.

Setting Workout Parameters

After selecting desired workout mode: Manual, Pre-set Programs, Body Fat, Target Heart Rate, Heart Rate Control and User Program. You may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:
TIME / DISTANCE / CALORIES /AGE

Note: Some parameters are not adjustable in certain programs.
Time and Distance can not be set up at the same time.

Once a program has been selected, pressing SET will make “Time” parameter flash.
Using UP OR DOWN KEY you may select desired time value. Press SET KEY to input value.
Flashing prompt will move to the next parameter. Continue use of UP OR DOWN KEY. Press START/STOP to start workout.

More About Workout Parameters

Field	Display Range	Default Value	Increment/ Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1. When display is 0:00, Time will count up. 2. When time is 1:00-99:00, It will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1. When display is 0.0, Distance will count up. 2. When Distance is 1.0~9990, it will count down to 0.
Calories	0~9950	0	±50	1. When display is 0, Calories will count up. 2. When Calories is 50~9950, it will count down to 0.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the number of Heart Rate will flash in programs (P1-P9)

Program Operation

Manual
Selecting "***Manual***" using UP OR DOWN KEY, then pressing ENTER KEY. 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY . Press SET KEY to save value & move to next parameter to be adjusted.
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

Pre-programs

There are 6 program profiles ready for use. All program profiles have 16 level of resistance.

Setting Parameters for Pre-programs
Selecting one of pre-programs using UP OR DOWN KEY then pressing SET KEY. 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press SET KEY to save value & move to next parameter to be adjusted.
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

BODY FAT PROGRAM

Setting Data for Body Fat
Selecting "***BODY FAT Program "***using UP OR DOWN KEY, then pressing SET.
"Male" will flash so Gender can be adjusted using UP OR DWON KEY, press SET to save gender & move to next data.

"175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY , press SET KEY save value & move to next data.

"75 "of Weight will flash so Weight can be adjusted to use UP OR DOWN KEY , press SET KEY to save vale & move to next data.

"30" of Age will flash so Age can be adjusted using UP OR DOWN KEY, press SET to save value.

Press START/STOP **to start measurement, please also grasp hand pulse grips.**

After 15 seconds the display will show out Body Fat %, BMR, BMI & BODY TYPE.
NOTE: Body Types:

There are 9 body types divided according to the FAT% calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP KEY to return the main Display.

TARGET HEART RATE Program
Setting Parameters for TARGET H.R

Selecting "***TARGET H.R.***" using UP OR DOWN KEY, then pressing SET KEY. 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press SET KEY to save value & move to next parameter to be adjusted.
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the set TARGET H.R, computer will adjust the resistance load automatically. It will check every 20 seconds approx. l resistance load will increase or decrease (Note: each resistance load represents 2 level of loading)

One of workout parameters counts down to be zero; it will have bi sounds and stop the workout automatically. Press START/STOP **to continue the workout to reach unfinished workout parameter.**

HEART RATE CONTROL Program

There are 3 selections for target pulse:

P10- 60% TARGET H.R= 60% of (220-AGE)
P11- 75% TARGET H.R= 75% of (220-AGE)
P12- 85% TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL
Selecting "***One of Heart Rate Control Program .***" using UP OR DOWN KEY then pressing SET KEY. 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press SET KEY to save value & move to next parameter to be adjusted.
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R, computer will adjust the resistance load automatically. It will check every 20 seconds approx. l resistance load will increase or decrease (Note: each resistance load represents 2 level of loading)

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY **to continue the workout to reach unfinished workout parameter.**

User Program
There are four User program (P13-P16) allow the user to set their own program that can be used immediately.

Setting Parameters for User Program
Selecting USER using UP OR DOWN KEY, then pressing SET KEY. 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press SET KEY to save value & move to next parameter to be adjusted.
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**
Continue through all desired parameters.

After finished set up desired parameter, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing SET until finished. (There are 10 times total). Press START/STOP to start workout.

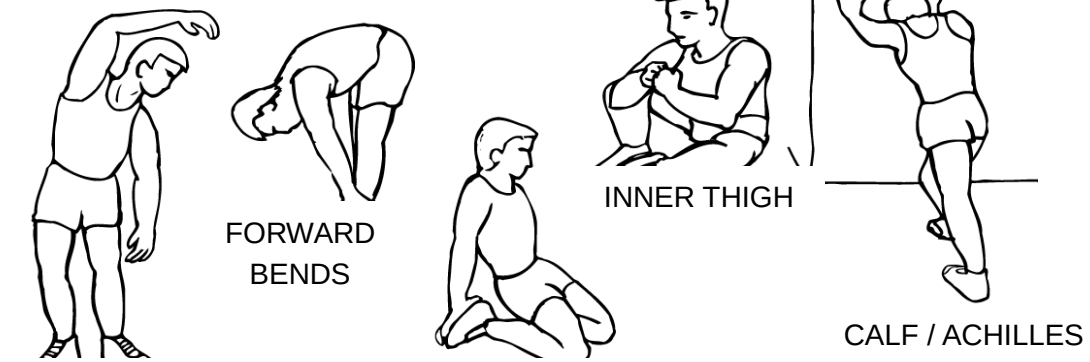
Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY **to continue the workout to reach unfinished workout parameter.**

EXERCISE INSTRUCTIONS

Using your **MOTORIZED UPRIGHT** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

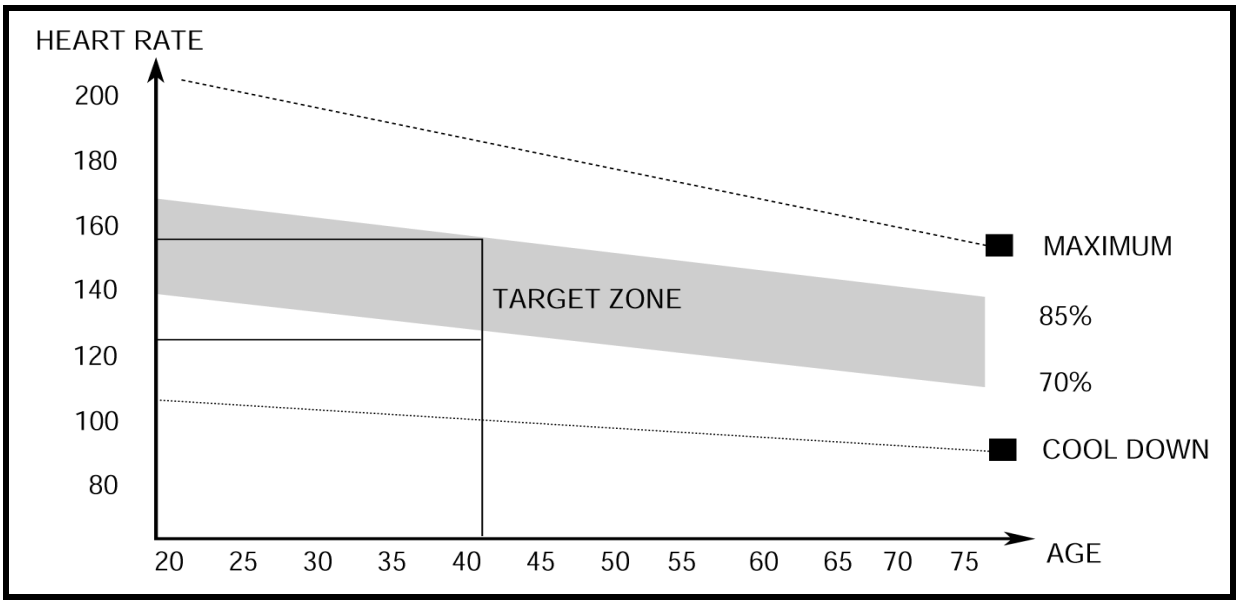
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.
As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MOTORIZED UPRIGHT** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.